

Gluten Free

A **gluten-free diet** is a [diet](#) completely free of ingredients derived from [gluten](#)-containing [cereals](#): [wheat](#) (including [kamut](#) and [spelt](#)), [barley](#), [rye](#), and [triticale](#), as well as the use of gluten as a [food additive](#) in the form of a flavoring, stabilizing or thickening agent.

Fresh From the Garden

— Chilled —

Seared Blueberry Scottish Salmon Salad 8.00

Perfectly seared salmon on a bed of mixed greens with tomatoes, sliced cucumbers and red bell peppers with caramelized walnuts and fat free Blueberry dressing.

Mixed Garden Greens 3.00

Seasonal greens with onion, cucumber and tomato.

Iceberg Wedge Salad 5.00

Topped with Blue Cheese Dressing, Gorgonzola crumbles, diced roma tomatoes and chopped Applewood bacon.

Caprese 5

Fresh sliced tomatoes and buffalo mozzarella over fresh seasonal greens. Drizzled with sweet balsamic reduction and a fresh basil garnish

— Hot —

Fire Grilled Vegetables 6.00

Cubed zucchini and yellow squash over Gluten Free Pasta. Served with low sodium soy ginger and horseradish sauce.

Georgia Style Cheese Grits 3.50

Asiago, Cheddar and Swiss cheese blend.

Portobella Pizza 5.00

A portobella mushroom cap topped with herb and garlic marinara. Baked to perfection, finished with fresh mozzarella and basil.

Roasted Garlic Red Bliss Mashed Potatoes 3.50

Poultry and Friends

(No Flour or Chicken Stock)

Chicken Picatta 7.50

Sautéed in white wine, with capers and lemon over **Gluten Free Pasta**.

Chicken Marsala 7.50

Sautéed in a marsala wine and mushroom sauce served over **Gluten Free Pasta**.

Escargot

— Scampi 7.00

Sautéed in white wine and garlic over **Gluten Free Pasta** with fresh portobella mushrooms.

— Marinara 7.00

Sautéed in a herb and garlic marinara over **Gluten Free Pasta**.

Carnivorous Creations

— All steaks cooked to a warm pink center —

Ground Sirloin Sliders 5.00

Twin sliders with seasoned sirloin served with Worcester sauce. No Bun

Baby Back Ribs 7.00

Grilled Baby Back Pork Ribs topped with a tangy, honey BBQ sauce served with roasted garlic red bliss mashed potatoes.

Spaghetti and Sirloin Meatballs 6.00

A traditional dish with The Dish's twist. Made with Gluten Free Pasta

Chopped Sirloin Steak 5.00

Seasoned grilled sirloin steak, served atop a mushroom demi with roasted garlic red bliss mashed potatoes

Dishes From the Sea

Shrimp *minimum of 4 of a kind per order

— **Cocktail** *1.50 ea

It stands on its own, served with cocktail sauce.

— **Blackened** *1.75 ea

Served with cheese grits.

— **Marinara** *1.75 ea Plus \$1.00 for pasta

Sautéed in a herb and garlic marinara over **Gluten Free Pasta**.

Sesame Seared Ahi Tuna 7.00

Served on a bed of spring mix with a Wasabi aioli and soy ginger glaze.

Grilled Scottish Salmon 8.00

Served over roasted vegetables.

Crab Cakes 9.00

Jumbo lump crab meat served with a rémoulade sauce.